



*For last year's words belong to last  
year's language and next year's words  
await another voice.*

*T.S. Elliot*

January 2015



## January 2015 calendar

- 1 - Happy New Year!
- 6 - Monthly Movie, 1:30 pm, Old Engine House, see page 8 for details
- 8 - **Community Reading**, 10:30am, NBCS, see page 9 for details
  - **Blood Pressure Clinic**, 11:00am-12:00pm, NB Central School
  - **Senior Lunch**, 11:00am, NBCS, menu on page 5
  - **Foot Care Clinic**, Community Church of New Boston, see page 7 for details
- 9 - **Foreign Film**, 7pm, WFL, see page 8 for details
- 13 - **Monthly Senior Trip**, contact us for information and details
- 15 - **Community Reading**, 10:30am, NBCS
  - **Senior Lunch/Celebrate Birthdays**, 11:00am, NBCS, menu on page 5
- 16 - **Perspectives Program**, 7 pm, WFL, see page 8 for details
- 21 - **Book Party**, 7pm, WFL, see page 8 for details
- 22 - **Community Reading**, 10:30am, NBCS
  - **Senior Lunch**, 11:00am, NBCS, menu on page 5
- 25 - **Hymn Sing**, New Boston Baptist Church, 1:30 pm, see page 7 for details
- 27 - **Blood Drive**, WFL, 1-7 pm, see page 9 for details
- 29 - **Community Reading**, 10:30am, NBCS
  - **Senior Lunch**, 11:00am, NBCS, menu on page 5

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## Do you Know January is:

- Celebration of Life Month
- National Blood Donor Month
- National Hobby Month
- National Hot Tea Month
- National Soup Month
- National Oatmeal Month
- Bath Safety Month
- Be Kind to Food Servers Month
- Get Organized Month
- National Polka Music Month
- National Skating Month
- Financial Wellness Month

Dear Seniors,

Welcome to 2015! As you probably know by now New Boston doesn't hibernate for the winter, we embrace it. So jump into another month of fun and interesting events.

Our month starts with a free movie on the 6th. Come to the Old Engine House (Recreation Office) to warm up and watch "The Hundred-Foot Journey." Go to page 8 for more information.

Community Reading starts on Thursday, January 8th and will continue every Thursday (that school is in session) until the end of May. We are in need of volunteers for this program so go to page 9 to get more information or contact us. This is a feel good program that is rewarding to the children as well as yourself.

Our lunches continue on Thursdays at the New Boston Central School at 11am. Check out the menu on page 5 and feel free to contact us for more information.

The nurse comes to town on the first Thursday of the month (this month is actually the 2nd) for a free Blood Pressure check from 11:00am - 12:00pm at the New Boston Central School and then is at the Community Church of New Boston for a Foot Care Clinic. You can get information about the clinic and the phone number to make an appointment on page 7. Great services right here in town!

The Whipple Free Library always has neat stuff going on too. You can find information about this month's knitting, quilting, film, Perspectives and Book Party on page 8.

You will enjoy the New Boston Baptist Church's monthly Old Fashioned Hymn Sing on Sunday, January 25th. See page 7 for details.

The New Boston Fire Department Auxiliary is hosting another Red Cross Blood Drive on Tuesday the 27th. You are never too old to donate and help. See page 9 to get more information.

Last, but certainly not least is the oh so famous Lip Sync Contest. This is the best show in town all year long. The kids in grades 1-6 always put on a great show, and only for a \$1. See more information on page 9. Hope to see you there!

We hope this year is a good, happy, healthy and safe one.

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*MaryFrances Manna*, [m.manna@newbostonnh.gov](mailto:m.manna@newbostonnh.gov)

[www.newbostonnh.gov/recreation](http://www.newbostonnh.gov/recreation) ~ 603.487.2880

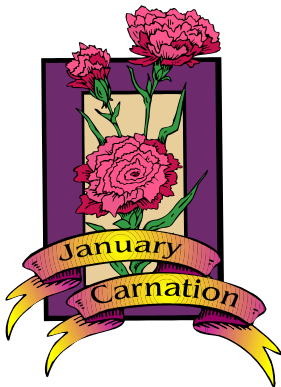




11th - Joan Silvernail  
 16th - Linda Sizemore  
 16th - David Seager  
 20th - Jane Margerom  
 22nd - Rosemary Gallagher  
 22nd - William Berkins  
 23rd - Alice Follansbee  
 25th - Bea Peirce  
 30th - Rose Colarusso  
 31st - Barbara Parnell



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# Crossword puzzle

## ACROSS

- 1 Expert  
4 Hard bump  
8 \_\_\_-a-brac  
12 Singer Janis  
13 \_\_\_ vera  
14 Lang or Turner  
15 Definite article  
16 Opera figure  
17 Sour  
18 Sifter  
20 Worries  
21 Londoner,  
informally  
23 Comic Kovacs  
25 One on  
horseback  
27 \_\_\_ Andreas  
fault  
28 Chat idly  
31 Delivery  
person, once  
33 In abundance  
35 Home  
schooler's  
degree (abbr.)  
36 Zilch  
38 Pep (up)  
39 Up to the plate  
(2 wds.)  
41 Not messy  
42 Small valleys  
45 More mature  
47 Door out

48 18-wheeler

49 Darkroom item  
(abbr.)

52 Labyrinth

53 Rework copy

54 Water (Fr.)

55 Sharif or  
Bradley

56 Buffalo Bill \_\_\_

57 Arid

## DOWN

1 Orchestra  
space

2 "Yippee!"

3 Partial (hyph.)

4 Green jewel

5 Martini garnish

6 Star-crossed  
\_\_\_

7 Herbal drink

8 Trumpet sound

9 "The Amazing  
\_\_\_" (CBS  
reality show)10 Monogram  
unit (abbr.)

11 Scoundrels

19 Line-\_\_\_ veto

20 Ultimate

21 Nautical prison

22 Chow mein

accompani-  
ment

24 Pester

26 Raves

28 Ruled

29 Sector

30 Out of shape

32 Quill tip

34 Brief letter

37 Texas city

39 Change to fit

40 Fainthearted

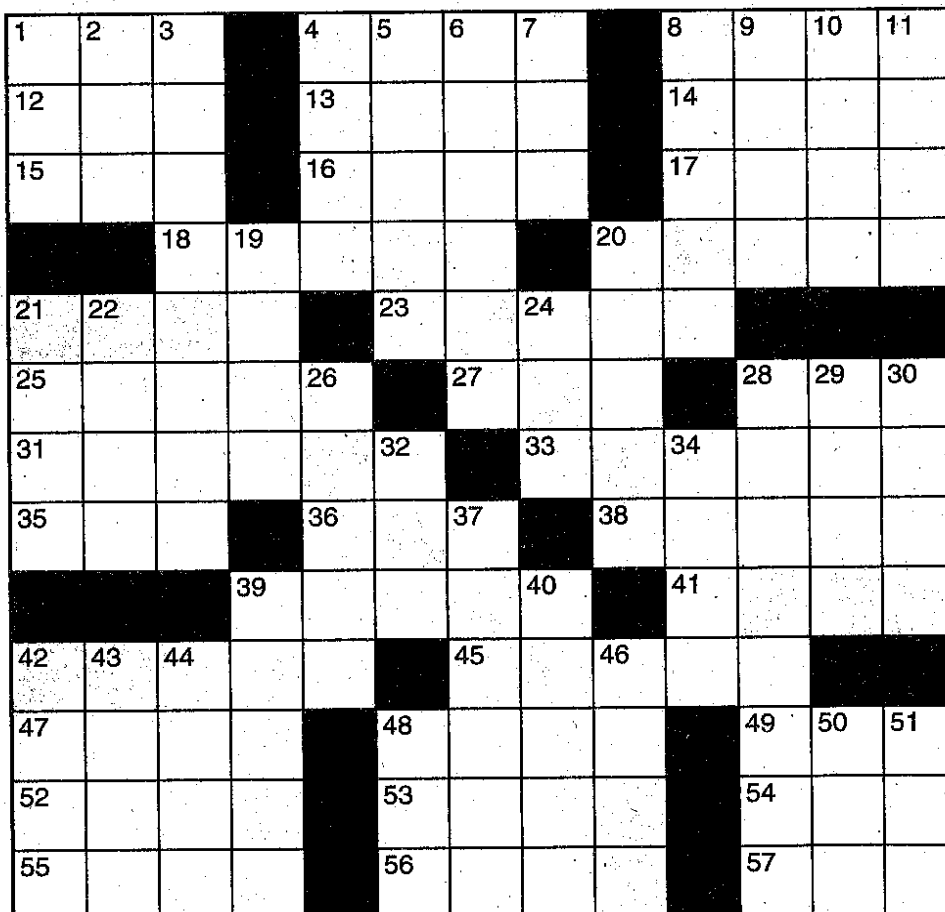
42 Test-driver's  
car43 Student's  
ordeal44 Vincente  
Minnelli's  
daughter

46 Feel for

48 Min. part

50 Hearing organ

51 Gal's partner






# January Menu



Please join us on Thursdays at the New Boston Central School Gym for lunch at 11:00 am. The cost is \$2 (or what ever you can afford) and is generously subsidized by St. Joseph Community Services.

Contact the New Boston Recreation for more information

Join Me For Lunch 	1/1	1/8	1/15	1/22	1/29
<b>Entrée</b>	<i>No Lunch</i>	Grilled Cheese Sandwich Tomato Soup	Mac & Cheese	Chicken Sandwich	Sweet Sesame Chicken w/ Brown Rice
<b>side Dish</b>	<i>Happy New Year</i>	California Mix Veggies	Tossed Salad	Lemon Broccoli	Tatar Tot Casserole
<b>Fruit/ Dessert</b>	<i>No Lunch</i>	Pear Cup	Fresh Grapes Chocolate Chip Cookie	Apple Sauce	Pineapple Chucks

# Word Puzzle

S	A	T	I	A	T	E	A	E	D	E	P	E	N	D	E	N	T
X	F	A	J	M	Y	A	C	C	L	A	E	E	M	O	K	S	S
T	A	W	K	A	Z	D	C	Q	A	B	B	B	R	A	X	C	H
A	M	A	J	T	H	S	E	B	N	U	I	I	I	U	E	W	O
C	O	L	N	E	E	M	S	L	P	H	T	S	L	R	C	S	I
T	U	L	R	L	V	T	S	D	I	B	O	I	S	I	C	E	D
I	S	E	D	G	I	W	I	Y	T	C	H	Q	O	I	T	S	S
V	D	D	E	I	S	Y	B	W	S	Z	A	X	Z	U	M	Y	N
E	D	U	C	E	I	A	L	D	E	E	D	T	S	X	S	D	O
A	Z	T	I	L	C	L	E	T	P	A	T	I	E	N	T	V	A
Y	P	I	S	B	E	U	D	E	T	I	N	I	F	E	D	M	Y
D	Y	T	I	A	D	Q	I	E	L	B	I	L	L	A	F	V	L
I	T	R	O	S	U	A	C	C	U	R	A	T	E	Z	R	O	D
E	I	E	N	I	M	I	V	E	R	S	E	T	N	E	C	E	D
C	N	C	X	V	U	F	E	L	B	A	P	A	C	B	Y	G	D
I	A	A	E	D	D	I	L	A	V	A	D	E	Q	U	A	T	E
O	S	N	S	A	E	L	B	A	L	U	C	L	A	C	R	K	T
V	T	E	L	B	I	G	N	A	T	S	E	N	S	I	B	L	E

ABILITY

ACCESSIBLE

ACCURATE

ACTIVE

ADEQUATE

ADMISSIBLE

ADVISABLE

CALCULABLE

CAPABLE

CAUTIOUS

CERTITUDE

DECENT

DECISION

DECISIVE

DEED

DEFINITE

DELICATE

DEPENDENT

FALLIBLE

FAMOUS

LAW

LAY

LET

PATIENT

SANE

SANITY

SATIATE

SCRIBE

SEAM

SECURE

SENSIBLE

TANGIBLE

VALID

VENT

VERSE

VOICE

## Foot Care Clinic



**Thursday, January 8, 2015**

The New Boston Recreation and Home Healthcare, Hospice & Community Services have partnered to bring a Foot Care Clinic to New Boston. The Foot Care Clinics will be held the first Thursday of the month at the New Boston Community Church by appointment. You need to call Home Healthcare, Hospice & Community Services to schedule an appointment.

Appointments are \$20 and last between approximately 20 and 40 minutes.

### **Foot Care Can Be Difficult:**

As we age we sometimes have problems easily caring for our feet. Conditions such as arthritis may hinder our flexibility. Cataracts and other eye problems can make it hard to see what we're doing. Nails may become thick and awkward to trim.

Services the nurse

will provide at the Foot Care Clinic are:

- »Trims your toenails
- »Teaches you about good foot care
- »Massages your feet with lotion
- »Checks your feet for problems
- »Refers you to your podiatrist or medical doctor, or for shoe fittings, if needed

### **How Can I Make An Appointment?**

Call Home Healthcare, Hospice & Community Services at 603.352.2253 or 1.800.541.4145



## Old Fashioned Hymn Sing

Sunday, January 25, 2014

1:30-2:30 pm at the New Boston Baptist Church

All are welcome to join in for an afternoon of singing Hymns  
For more information call 487-2713



## Helping Hands of New Boston

*A volunteer service of  
the New Boston  
Community Church*

Helping Hands of New Boston is a program to assist our

seniors & the caretakers of loved ones in need, by offering in-home respite. Services include light house-keeping, reading, companionship.

Call Deborah Demazure  
603-325-5406 or  
Woody Woodland  
487-3643



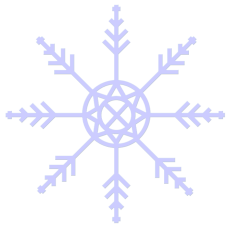
# Whipple Free Library News



**Wednesday Night Knitting** resumes on January 7, 2015, at 6:00 PM.



**Second Friday Foreign Film:** **January 9, 7 PM:** Iranian filmmaker Abbas Kiarostami's most radical, brilliant work. This fiction-documentary uses a sensational real-life event (the arrest of a young man on fraudulent impersonation) as a basis for a stunning investigation in which real people from the case play themselves.



**Perspectives of the Library:** Friday, January 16th, 7PM. **Bully, Boys, Bully! The Why and How of Civil War Reenacting with Austin Clark.** This program will be held in the Community Room at the Library.

**Come to a Book Party! Wednesday, January 21, 7 PM:** Join us for Hattie Big Sky by Kirby Larson. Hattie is a sixteen year old orphan who has tired of being among relatives she hardly knows. She receives a letter from her uncle who has died and leaves her all of her land. Hattie

travels to his farm to start life as a homesteader.

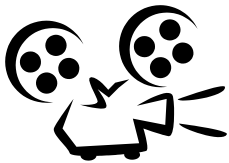
## Three Quilting Classes with Deb Keiner:

January 10, 9-12:30. FREE Origami Bag Class

January 24, 9-12:30, Machine Quilting Class, \$25

February 7, 9-12:30, Paper Piecing Class, \$25

All classes will be held at the library. Please bring a sewing machine in good working order. Call the library for more info, including supply sheets.



## Free Monthly Movie

Join us **Tuesday, January 6th**, 1:30 pm at the Old Engine House (Recreation Office) to watch "The Hundred-Foot Journey" starring Helen Mirren and Om Puri.

## Snow Days ~ Cancellations



Now that we are in the winter months, and snow storms are upon us, we want everyone to be safe so we may cancel some programs. Feel free to call, email us

or check the web site for up-to-date information.

For Thursday lunches watch for the school closings. If New Boston Central

School is closed on a Thursday then there is no senior lunch or reading program. If school is delayed we will have lunch and reading.



## Community Reading



**Can you spare 20 minutes a week or 2 a month?**

Listen to a child in Readiness &/or 1st Grade read and watch them develop reading skills.

This program is on Thursdays from 10:30 - 10:50 am. It starts January 8, 2015 and continues every Thursday (that the school is open) until the end of May.

This program is rewarding to the kids

as well as the volunteers.

**To sign up or for more information contact Mary at 487-2880 or email at [m.manna@newbostonnh.gov](mailto:m.manna@newbostonnh.gov)**

## Red Cross Blood Drive



**Tuesday, January 27, 2014**

**1:00-7:00 pm ~ Walk ins & appointments**

**Whipple Free Library**

The NBFD Auxiliary is sponsoring the Red Cross to host this Blood Drive. Please join us to donate, you will feel good you did. It's a great way to start the New Year!!! You will also be able to enjoy

homemade soups, chili and fabulous desserts.

The Red Cross reminds you to hydrate. Think iron! Positive ID! Begin hydrating 3 days before to help make your veins more accessible.

To donate, bring your donor ID card or 2 forms of ID, minimum age of 17 (no max age), at least 110

lbs and in good health the day of your donation. If you have any medical questions regarding donations please contact the Red Cross at 1-800-462-9400.

If you would like to make an appointment, go to [www.redcrossblood.org](http://www.redcrossblood.org). If you have questions about the blood drive call Kim at 487-3528.

New Boston Recreation's Annual

## Lip Sync Contest

**Saturday, January 31, 2015**

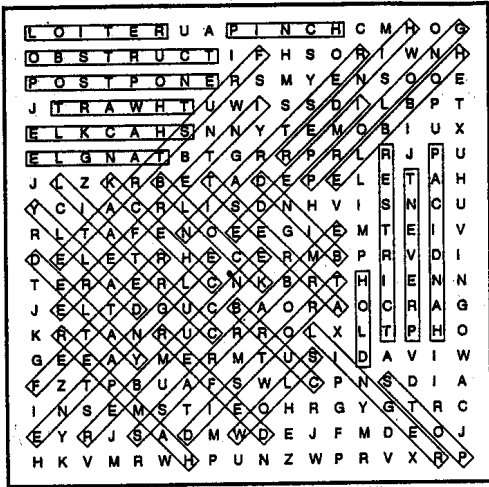
**New Boston Central School Gym ~ The Curtain opens at 6:30 pm**

Admission is only \$1 and a canned-good donation to the food pantry

*There will be as many as 25 of the most fun acts you will see all year. It is the best show in town, you don't want to miss it!!!*



# New Boston Recreation



7	4	3	5	2	6	1	9	8
8	9	2	7	4	1	3	5	6
1	6	5	9	8	3	7	2	4
2	3	8	1	7	4	9	6	5
9	7	1	2	6	5	4	8	3
6	5	4	8	3	9	2	7	1
4	2	6	3	9	8	5	1	7
3	1	9	6	5	7	8	4	2
5	8	7	4	1	2	6	3	9



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